

A Model Navy Tobacco Cessation Program

- 1. Tobacco cessation is one component of a Comprehensive Tobacco Prevention and Control Program in Health Promotion Wellness and at the MTF, which is fully funded and supported by the command.**
- 2. Prevention, awareness, motivation, education and intervention programs address the concerns and needs of all tobacco users.**
- 3. Health Care Providers and Medical Personnel follow evidence based Tobacco Cessation Clinical Guidelines (DoD/VA, PHS) as part of Best Practices.**
- 4. The Tobacco program offers a continuum of care approach and a number of primary and secondary prevention and intervention services.**
- 5. Tobacco activities, and interventions are offered at flexible times and at locations (MTF, worksites and in the community) that are most convenient for patients.**
- 6. Treatment is tailored to the individual, patient centered and timely. A variety of proven behavioral, psychological and pharmacological approaches including self help options are available. Assessment of the individual's willingness, motivation and readiness for change is standard practice.**
- 7. Professionally developed, standardized, state of the art, and evidence based tobacco intervention programs are the treatment of choice.**
- 8. Tobacco cessation facilitators obtain at least one day of specialized intervention training. Facilitators follow a prescribed intervention program and receive ongoing consultation and supervision. An adequate number of facilitators are available to meet patient demand with individual and group counseling.**
- 9. Follow up of all tobacco patients at regular intervals of three and six months post treatment to obtain outcome data on success is the standard practice. The collection and analyzing of outcome data, through the use of the 7 day point prevalence rate metric, is done on a consistent basis. This outcome information is reported to the command and to NMCPHC.**
- 10. Ongoing review of and evaluation of the effectiveness and the efficacy of all the tobacco program components is standard practice.**

